



Dr. Laleh's Hyperbiotics Non-dairy Yogurt

Ingredients

Amount

Prebiotics*	4 Scoops
Unsweetened Almond yogurt (Organic Silk)	3 C
**Unflavored Collagen Peptides (Zhou)	4 scoops
Ground Flax Seeds	4 TBS
***Stevia Cocoa Delight	2

*Hyperbiotics Prebiotics:

https://www.amazon.com/gp/product/B06XKLJ9C5/ref=ppx_yo_dt_b_asin_image_o02_s00?ie=UTF8&psc=1

**Collagen Peptides:

https://www.amazon.com/gp/product/B074VH9C6J/ref=ppx_yo_dt_b_asin_title_o01_s00?ie=UTF8&psc=1

***Stevia Cocoa Delight:

https://www.amazon.com/STEVITA-Stevita-Cocoa-Delight-Pouch/dp/B07QM9GTKC/ref=sxsts_sxwds-bia-wc-rsf-ajax1_0?cv_ct_cx=stevia+cocoa+delight&dchild=1&keywords=Stevia+Cocoa+Ddelight&pd_rd_i=B07QM9GTKC&pd_rd_r=a37c5143-382a-4b8c-8d9d-2328ceab894d&pd_rd_w=uNePF&pd_rd_wg=e9GLX&pf_rd_p=5c711241-c674-4eef-b21c-fe6add670f33&pf_rd_r=EQKHV6B57GF532730TNT&psc=1&qid=1612816241&s=hpc&sr=1-1-e30f047d-8e3c-4340-8179-6a77ce88d756

Preparation:

- Add all ingredients to yogurt and blend in a Ninja Bullet.
- Add ice if a thicker consistency is desired.

Nutrition Facts

Servings 6.0

Amount Per Serving

calories 191

% Daily Value *

Total Fat 12 g **18 %**

Saturated Fat 1 g **3 %**

Monounsaturated
Fat 0 g

Polyunsaturated Fat 1 g

Trans Fat 0 g

Cholesterol 0 mg **0 %**

Sodium 72 mg **3 %**

Potassium 173 mg **5 %**

Total

Carbohydrate 14 g **5 %**

Dietary Fiber 10 g **40 %**

Sugars 1 g

Protein 11 g **22 %**

Vitamin A **0 %**

Vitamin C **0 %**

Calcium **8 %**

Iron **5 %**